



MONROE COUNTY YMCA

SOUTHEAST BRANCH
2125 South Highland Avenue
Bloomington, IN 47401
812-332-5555

For class descriptions and more program information, see program catalog or monroecountyyymca.org

Prices are listed for members/non-members

YOUTH PROGRAMS: SPORTS & MORE Southeast Branch

FALL 2016

BASKETBALL

SEASON: 7 weeks
October 22 - December 12

REGISTRATION: Begins September 1

COST: \$45/\$78 for age 8 and under
\$52/\$85 for 9 and up

What's new about basketball at the Y?

- Official referees for games
- Scoreboards will keep time for 5-6 and 7-8 year old divisions
- 7-8 and 9-11 year olds will also have running scoreboard with score resetting between quarters

WILD ANIMAL DIVISION (age 3-4)

Mondays 5:30-6:00 pm
Saturdays 9:30 am-10:00 am
Clinic-style format where parents are encouraged to help their children.

NBA EAST DIVISION (age 5-6) Practices and games will be held between 10:00 am and 1:00 pm on Saturdays.

NBA WEST DIVISION (age 7-8) Practices and games will be held between 1:00 pm and 3:00 pm on Saturdays.

COLLEGE DIVISION (age 9-11) Teams will also practice one weeknight per week. Saturday session will meet between 10:00 am and 1:00 pm

BASKETBALL FUNDAMENTALS (age 5-10)

Give your kids a chance to get extra basketball practice and instruction at the YMCA. Class meets once a week and gives players an opportunity to work on all aspects of their game from shooting to dribbling to passing to defense. Occasional games and contests will be mixed in with skill-building drills to keep the class fun for all participants. This class receives shirts and trophies.

Begins October 24.
M 6:00-7:00 pm

Questions? Contact Jack Miller, 961-2193
or email jgmiller@monroecountyyymca.org.

SOCCER

SEASON: 7 weeks: September 6 - October 24

REGISTRATION: Begins August 1

COST: \$45/\$78 for age 6 and under
\$52/\$85 for 7 and up

SOCCER PLAYERS
Please come prepared to play soccer on the first day of class with shorts, t-shirt, shoes, and shin guards.

WILD ANIMAL DIVISION (age 3-4)

Clinic format, teams will not play games.

You may choose a team on:

- M 5:30-6:15 pm
- M 6:15-7:00 pm
- T 5:30-6:15 pm
- T 6:15-7:00 pm
- W 5:30-6:15 pm
- W 6:15-7:00 pm
- Th 5:30-6:15 pm
- Th 6:15-7:00 pm

EUROPEAN DIVISION (age 5-6)

You may choose a team on:

- T 5:30-6:30 pm
- Th 5:30-6:30 pm

SOUTH AMERICAN DIVISION (age 7-8)

All teams meet on:
T/Th 5:30-6:30 pm

MLS DIVISION (age 9-11)

All teams meet on:
M/W 5:30-6:30 pm

Questions? Contact Jack Miller, 961-2193
or email jgmiller@monroecountyyymca.org.

MORE PROGRAMS ON BACK...

YOUTH RACQUETBALL CLASS (age 8-12)

This class is for young, first-time racquetball enthusiasts interested in learning skills, safety rules, and having fun. After completing this class, students will be able to check out racquetball equipment from the Welcome Center without adult supervision.

Held Sessions 6 and 7.

Sat 9:00-9:45 am \$30/\$53

YOUTH TENNIS (age 8 and under, age 11 and under)

Take advantage of learning a primarily outdoor sport in the comfort of the YMCA gym. Players must supply their own racquets or contact Matt Osgood, mosgood@monroecountyyymca.org, two weeks before class starts. Held Sessions 6 and 7.

Sun age 8 and under 2:00-3:00 pm \$46/\$78

Sun age 11 and under 3:00-4:00 pm \$46/\$78

Cardinal Court

YOUTH DODGEBALL LEAGUE (age 6-12)

This seven week league meets on Sunday afternoons, and gives children an opportunity to play their favorite game in a safe and exciting surrounding. Children will be put into teams and coached for a short while on game strategies, throwing, dodging and catching. After the practice session, games will be played for the remainder of the hour. This is a great league to keep your children active and moving with a game they love. Held Sessions 6 and 7.

Sun 1:00-2:00 pm \$36/\$65

Cardinal Court

YMCA MARTIAL ARTS (age 6-15)

Under the direction of Jeff Lewis, co-owner of Lee's Martial Arts, class will welcome both beginners and more advanced students. It is a non-competitive class for boys and girls emphasizing techniques, self-discipline, self-esteem, balance and coordination. Held Sessions 6 and 7.

T/Th 6:30-7:15 pm \$46/\$78

Fitness Room I

RUN FOR FUN YOUTH RUNNING GROUP (age 6-12)

Does your child want to explore the wonderful world of running? Join the YMCA youth running group! We will teach children the importance of stretching, a good warm up, pacing, hydration, and a cool down. The emphasis will be on personal goal-setting and FUN fitness! The group will be training to compete in a local 5K event to finish the season. The cost of the program will cover admission into the run and a t-shirt. Instructors will run the 5K with the youth participants.

T/Th Sept. 27-Nov. 10 6:00-7:00 pm \$65/\$114

Sat Will also meet some Saturdays leading up to the event.

HOLIDAY CAMP ARROWHEAD

Ages 5-12

7:30 am-5:30 pm

October 10, 11

November 21, 22, 23

December 26, 27, 28, 29, 30

We will offer fun-filled days of Holiday Camp throughout the school year. Join us at the Y for days filled with fun, physical activity, and exciting out-of-school adventures! Bring a sack lunch, swim suit, and towel so they can enjoy our indoor aquatics center!

\$30/\$40 per day

SINGLE DAY HOLIDAY SPORTS CAMPS

Ages 5-12

November 21 - Basketball and Dodgeball

November 22 - Soccer, Tennis, and Indoor Field Sports

November 23 - All day Sports Olympics

December 29 - Basketball and Dodgeball

December 30 - All Day Sports Olympics

\$30/\$40 per day

*9:00-4:00pm, cannot combine with Holiday Camp before or after due to room availability.

**Questions? Contact Matt Osgood 961-2157
or email mosgood@monroecountyyymca.org.**

SAFE SITTER COURSE (age 11-13)

"BETTER SITTERS TODAY...BETTER PARENTS TOMORROW"

This medically accurate instruction series teaches boys and girls age 11-13 how to handle emergencies when caring for young children. Safe Sitters will learn basic life-saving techniques, safety precautions to prevent accidents, how and when to summon help, and tips on basic child care. Class now includes CPR training. Students must demonstrate care of the choking infant/child and rescue breathing and pass a written exam. Class limited to 16 students. Manual included. Bring a sack dinner.

October 17, 18, 19 4:15-8:00 pm \$60/\$90

Conference Room B

**Questions? Contact Nancy Wroblewski, 961-2154
or email nwroblewski@monroecountyyymca.org.**